

Activities in August

Acquire the skills to flourish in the summer

All classes are free!

ACTIVE PARENTING OF TEENS: Teen years are generally referred to as explosive. Is it true? If you answered yes to this question, you must attend our Active Parenting Seminar for Teens. This six session interactive seminar addresses: styles of parenting, communication between teens and parents, winning the cooperation of teens, responsibility and discipline, and reducing risky behaviors. It guides parents to have fun while nurturing teens to grow to be productive members of society. Offered on 1, 8, 15, 22, 29 of August 2016 and 5 Sept. Mondays from 0800 to 1000 at the Health and Wellness Center (HAWC)

KEEPING YOUR COOL: If you have a difficult time being productive when you get angry, this class is for you. It is a six session anger management class that focuses on identifying stress and personal anger triggers and how to modify this behavior. It teaches ways to manage and cope with the stresses of military life and living in today's complex society. Offered on 2, 9, 23, 30, of August, 2016 and 6, 13 Sept., Tuesdays from 1300 to 1500 at the HAWC.

All classes are available to all personnel associated with Buckley AFB; Guard and civilians are included. To register, please call the Family Advocacy Outreach Program at 720-847-6453.